



# SEASONAL & H1N1 FLU



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Influenza is a **CONTAGIOUS** respiratory disease that can be **PREVENTED**

	SEASONAL INFLUENZA	H1N1 INFLUENZA (SWINE FLU)
WHAT IS IT?	<ul style="list-style-type: none"> <li>Seasonal flu is an infection of the nose, throat and lungs that is caused by the influenza virus</li> <li>Seasonal flu makes its round every year, in late fall and lasts through March</li> </ul>	<ul style="list-style-type: none"> <li>H1N1 is an infection of the nose, throat and lungs that is caused by the influenza virus</li> <li>H1N1 (swine flu) virus emerged during April of 2009, as a changed animal virus that suddenly had the capability to infect humans. This recent H1N1 virus is of medical concern because the human immune system has had no prior exposure to the virus.</li> </ul>
HOW IS IT SPREAD?	<ul style="list-style-type: none"> <li>The virus is spread mainly through droplets of saliva and mucous that comes out of the mouth and nose of someone who coughs or sneezes</li> <li>The virus is also spread by touching surfaces contaminated with flu germs and then touching your eyes, mouth, or nose</li> </ul>	
DANGERS	<ul style="list-style-type: none"> <li>5% to 20% of the population get the flu each year</li> <li>More than 200,000 people are hospitalized from seasonal flu complications, including 20,000 children</li> <li>About 36,000 people die from seasonal flu each year</li> </ul>	Illness with 2009 H1N1 virus has ranged from mild to severe. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred.
WHO IS AT RISK?	<p>In general, anyone who wants to reduce their chances of getting seasonal flu can get vaccinated. It is especially important that the people listed below get a flu shot every year:</p> <ul style="list-style-type: none"> <li>Pregnant women</li> <li>Children 6 months through 18 years old</li> <li>People 50 years of age and older</li> <li>People with certain medical conditions (asthma, diabetes, heart disease, kidney disease and weakened immune systems)</li> <li>People who live in nursing homes and other long term care facilities</li> <li>Health care workers, direct care staff and people who live with or care for anyone on the list above</li> </ul>	<p>In general, anyone who wants to reduce their chances of getting H1N1 flu can get vaccinated. It is especially important that the people listed below get an H1N1 flu shot this year:</p> <ul style="list-style-type: none"> <li>Pregnant women</li> <li>People who live with or care for infants under 6 months of age</li> <li>People age 6 months to 24 years</li> <li>Healthcare and emergency medical services personnel</li> <li>People age 25 to 64 years who have medical conditions that put them at higher risk for influenza-related complications</li> </ul>
VACCINE	<ul style="list-style-type: none"> <li>A seasonal flu vaccine is available every year in the form of a shot or nasal-spray</li> </ul>	<ul style="list-style-type: none"> <li>A vaccine has been developed (same process as seasonal flu shot)</li> <li>Will be available during the fall of 2009 and winter of 2010</li> <li>People 10 years of age and over will need one shot of vaccine</li> <li>Most children under the age of 10 will need two shots of H1N1 vaccine, separated by 3-4 weeks (21 days)</li> </ul>
PROTECTION	<ul style="list-style-type: none"> <li>Get a seasonal flu vaccine every year</li> <li>Wash your hands often with soap and water, or use an alcohol-based hand gel</li> <li>Cough or sneeze into a tissue or the inside of your elbow if you don't have a tissue</li> <li>Use a regular household cleaner to clean things that are touched often, like door knobs, phones, and faucets</li> <li>Avoid close physical contact with people who are sick. Try to stay at least 3-6 feet from someone who is sick.</li> <li>Stay home from work and school if you get sick with a flu-like illness</li> <li>Drink plenty of fluids</li> <li>Get plenty of rest</li> <li>Eat healthy foods</li> <li>Exercise</li> </ul>	